



Yay! Your weekly edition of **What's in Season**, the Garden Therapy newsletter is here.

Make sure you never miss an issue by adding me (hello@gardentherapy.ca) to your email contacts.

Woohoo! Let the celebration begin!

This week I'm just **over-the-moon** excited to announce the official launch of two brand new Limited Edition Garden Therapy DIY Kits: [Superfoods](#) and [Edible Flowers!](#)

Both of these kits will help you take your garden to a whole new level this year with a carefully chosen selection of seeds and some fun bonus items.

You'll also find some handy tips for keeping your houseplants pest free and a charming DIY decoration that is fun to make and looks gorgeous in the garden.

Latest from the Blog



Grow Your Way to a Healthier Life with a Superfoods Garden

The superfoods in this kit were chosen because they offer more nutrition than garden-variety veggies, like a tomato with 50% more **lycopene** that has been certified by the American Heart Association. Learn more about growing a [Superfoods Garden](#).



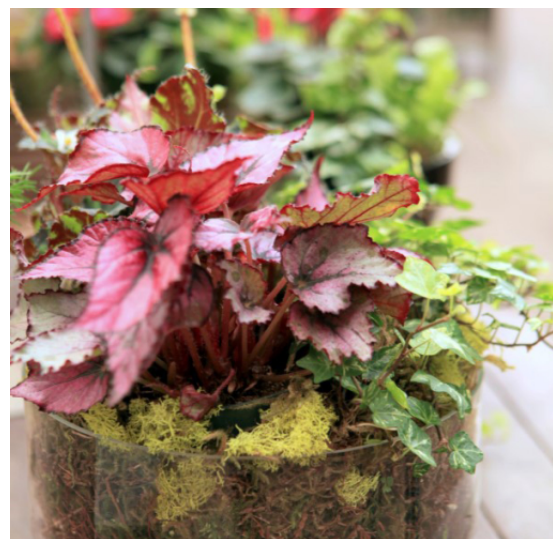
Plant an Edible Flower Garden with this All-in-One Kit

[Plant these seeds](#) in winter, spring, summer, AND fall for a year of edible blooms. Plus, get recipes and learn how to make **flowerfetti salad, stuffed squash blossoms, gorgeous cupcakes**, and more.



Bring Light and Movement to the Garden with a DIY Wind Spinner

Hang a few of these [easy-to-make ornaments](#) in the garden and watch



How to Prevent, Identify, and Get Rid of 8 Common Houseplant Pests

Keep your favorite [houseplants](#) from getting bugged (no harmful

them sparkle and dance in the breeze.

chemicals necessary!).

Seasonal Goodies

Here are a whole bunch more ideas for gettin' your garden therapy on this week based on What's in Season.

- [Edible Edges](#): Landscaping that's Good Enough to Eat!
- [Rhubarb Sorbet](#) Recipe
- The Essential Guide to [Hydrangeas](#)
- Semper-Viva Living [Succulent Wreath](#)
- Attracting [Beneficial Insects](#) and Why You Should
- The Art of [Espalier](#): Growing Fruit Trees in Small Spaces
- How to Do a [Soil pH Test](#) at Home
- 30+ Sweet Handmade Ideas for [Garden Wedding Favors](#)

Happy April everyone! Did you see [our little joke](#) on April 1st? I wrote it last summer and I could HARDLY WAIT to share it on April Fools' Day. I'm glad that many people got a chuckle out of it! I hope it puts a smile on your face too.

See you in the garden,



Stephanie Rose | Garden Therapy





See all the Garden Therapy Kits.

[Visit the Shop!](#)

Enter to WIN



a Leonard
Deluxe Soil
Knife and
Sheath
Combo!

Gardener's ^{A.M. Leonard} EDG

Today is Your Last Chance.

[Don't Miss it!](#)

Garden Therapy

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